

Client Workbook Exercise: Visualizing Life After Divorce

Purpose:

This exercise is designed to help you imagine your life beyond divorce — focusing on healing, independence, and your personal vision for the future. Writing can clarify your goals, values, and emotional priorities as you move into this next chapter.

Step 1: Imagine Your Life One Year After Divorce

Take a few deep breaths and picture yourself one year after your divorce is finalized. You have settled into new routines and are discovering a sense of balance and independence.

Prompt:

Write a description of your life at this time. Be as specific as possible. Use the present tense (“I am...”) to help bring this vision to life.

Guiding Questions:

- **Home & Environment:** Where are you living? What does your space feel like?
 - **Daily Life:** What does a typical day look like? What routines support your well-being?
 - **Relationships:** Who are the supportive people in your life — family, friends, community?
 - **Personal Growth:** What have you learned about yourself through this process?
 - **Goals & Dreams:** What are you pursuing emotionally, professionally, or personally?
 - **Well-Being:** What brings you joy, peace, and fulfillment now?
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Step 1: Journal About Your Life One Year After Divorce

Writing Space:
